



# Welcoming Migrants in San Antonio Forough Askarirad, Psychology, 2022

Professional  
Development

## SUMMARY

*My career goal is to become an immigration attorney and advocate. This summer, I interned through the San Antonio Ambassador Program with the City of San Antonio's Office of the Immigration Liaison. Learning about law practices through first-hand experiences at the Migrant Resource Center (MRC) fueled my passion to work with immigrants with whom I share a common background. At the MRC, I assisted migrants passing through San Antonio: interpreting for Spanish-speaking migrants; booking flight, bus, or train tickets to their final destinations; walking with migrants to places like Goodwill and Western Union; and completing general paperwork. Our mission was to house, protect, feed and provide medical care to migrants until they were able to join their families at their final destinations, where they could begin their new lives.*



## SPICES

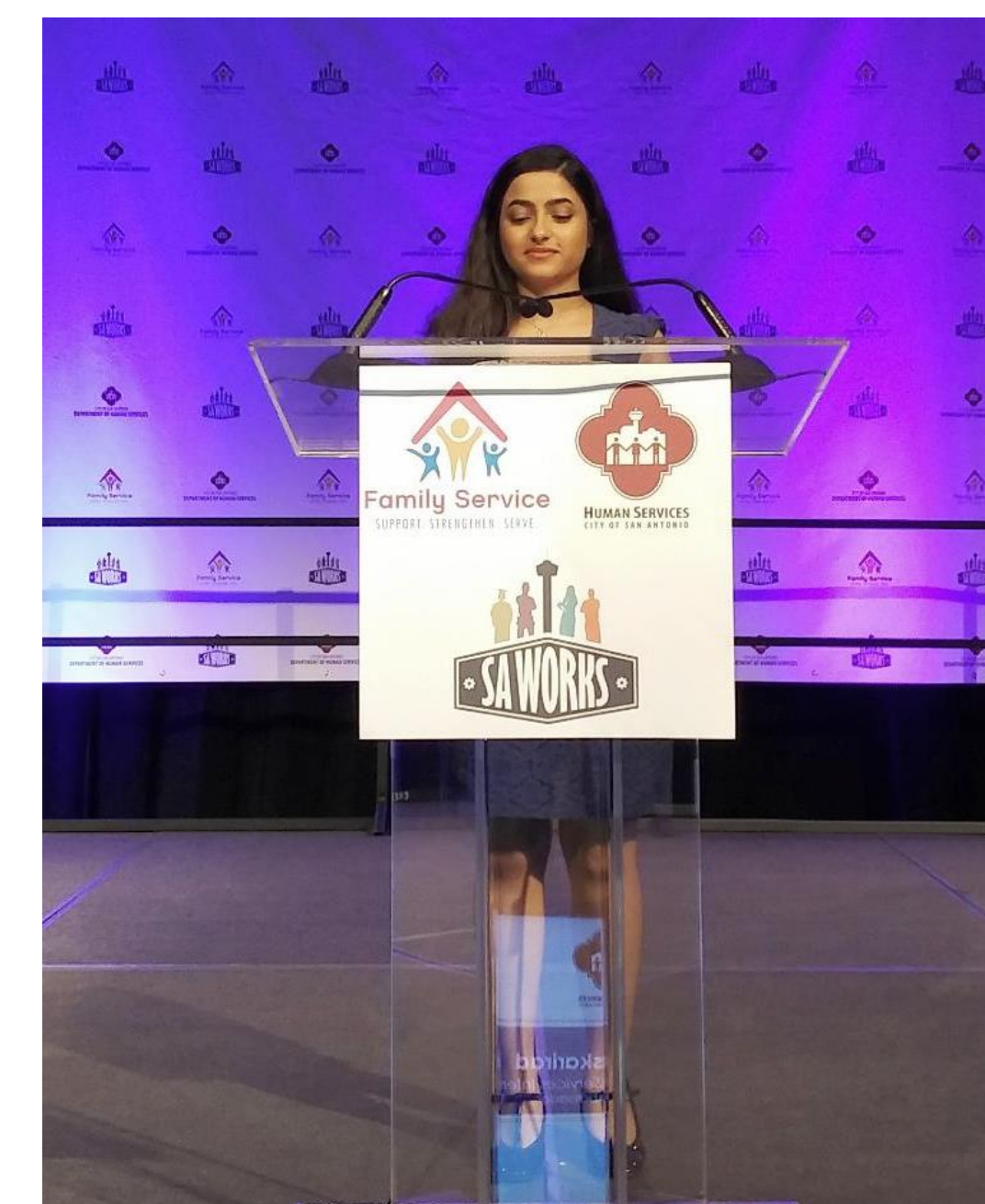
*Professional Development: Working with City professionals improved my communication and critical thinking skills. Every migrant had a different story and I learned how to quickly consider all the options available to better tend to the needs of each family.*

## HERBS

*This experience embodies resilience, benevolence, and support. Emotional resilience empowered me to continue fulfilling my responsibilities. Practicing open-mindedness allowed me to help people of different backgrounds and enabled me to support immigrant and refugee communities.*

## LEARNING OUTCOMES

- **COMMUNICATION:** Increased confidence and Spanish speaking skills by working with populations from Central American and African countries.
- **SELF-REFLECTION:** Analyzed and explored personal journey as a former refugee.
- **INDEPENDENT LEARNING:** Working with colleagues and people of all ages. Thinking creatively for solutions in immigrant community.



## IMPACT

*Every night, we counted the number of meals served, the number of people who were medically treated, the number of people who had a place to sleep for the night, and the number of people who had left to their final destinations. The numbers were always in the hundreds. This impact, knowing that we were successful in our mission in helping migrants in San Antonio made everything worth it. It was difficult listening to the stories at times, but even putting a smile on the face of the children and the parents, made me realize that this was right field for me to pursue.*

## ADVICE

*Although 283 hours of work can seem intimidating, do not let fear hold you back by any means! If you have a question, ask it. If you have an idea, pitch it. Step outside of your boundaries and see just how much you can accomplish.*